

4-1973

Beacon Light: April 1973

St. Cloud Hospital

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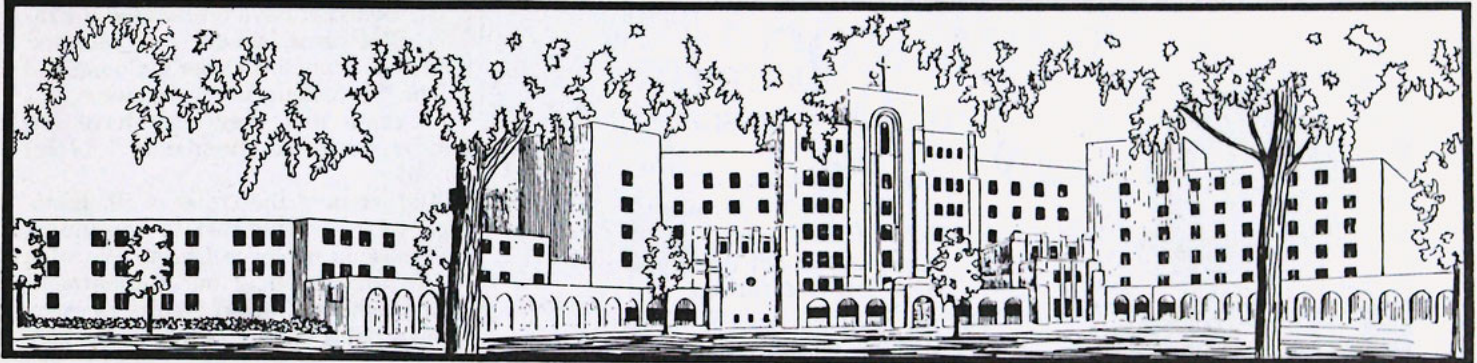
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The St. Cloud Hospital

Beacon Light



Volume XXII Number 8

April, 1973

McLaughlin Named AHEC Program Director

Thomas J. McLaughlin, 38, Assistant Administrator at the Saint Cloud Hospital since 1967, has been named Program Director of the Area Health Education Consortium (AHEC) effective March 12.



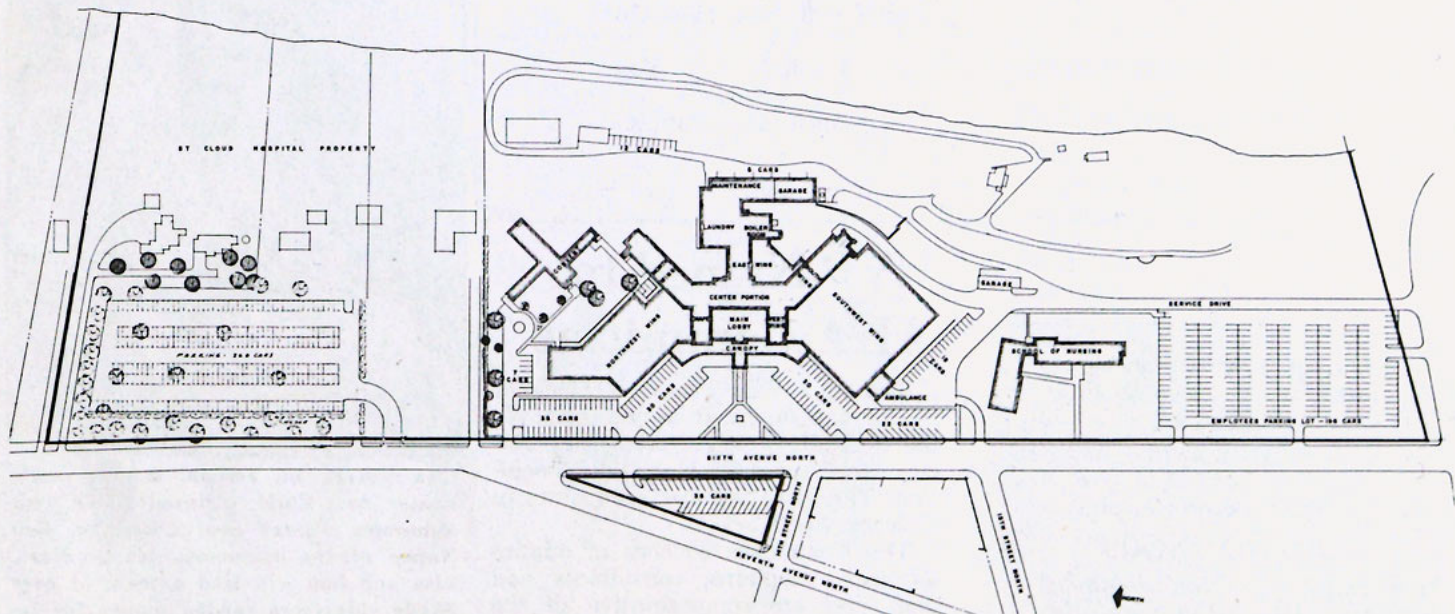
Tom McLaughlin
Business Administration at the Uni-

versity of Iowa, Iowa City. He has been Acting Director of the Consortium since its inception a year ago.

The AHEC is a cooperative effort by health care institutions, educators and health planners in a 14-county Central Minnesota area, whose purpose it is to determine the need for health care manpower, and arrange for educational programs to train personnel. Consortium membership now includes Brainerd State Junior College, St. John's University, Stearns-Benton County Medical Society, St. Gabriel's Hospital, St. Cloud State College, St. Cloud Hospital Medical Staff, St. Cloud Area Vocational

Technical Institute, West Central District Dental Society, St. Cloud Hospital, Public School District 742, College of St. Benedict, St. Cloud Veterans Administration Hospital and the Central Minnesota Health Planning Council.

The AHEC program is currently funded by a grant from the Northlands Regional Medical Program, and the Bureau of Health Manpower Education, a Division of the Department of Health, Education and Welfare at the federal level, through a contract with the University of Minnesota.



SCH PROPERTY REZONED—The bold lines on the above map outline the Hospital property rezoned from the "Residential" category to the new "Medical Services District" by the City Council, following a public hearing in March. Included was the original 20-acre hospital site, the four parcels to the

north which were purchased in recent years, and the triangle-shaped parking lot across 6th Avenue. Also shown is a sketch of the 260-car parking lot now being planned for construction this summer north of the main buildings. Work on that facility could start as early as June.

The Chaplain's Corner

by Father Alfred Stangl



Fr. Stangl

EASTER

ALLELUIA — RESURRECTION

Sounds:

He is not here
Choirs singing joyfully
Easter messages
Laughter at an egg hunt
Greetings of the day

Sights:

Easter morning sunrise
Lilies

Tulips
New Outfits
Colored eggs

Smells:

Loaves of fresh bread
Candles burning
Warm fresh air
Old grass a-burning
Easter ham a-baking

Touches:

A handshake
Touching the Cross
Someone's missing
A meeting
Coming

Believing:

A mystery mysterious
He has been raised
I am the Resurrection and the Life
Peace
Hope
And I will raise Him Up
Up
I will You
 Raise
April 22 -- Happy!

Sisters Adopt Pro-Life Statement

The Social Issues and Concerns Committee of the Sisters of the Order of St. Benedict have formulated a Pro-Life Statement, which has received approval from the Order's Council.

The Statement is as follows:

"I came that they may have life and have it more abundantly." (John 10:10)

As Sisters of the Order of St. Benedict, we are committed to continuing this mission of Jesus Christ. We wish to reaffirm publicly our commitment to the right to life and dignity of every human being from conception through death.

We believe that abortion—the taking of life of the unborn—is immoral. If the right to life is denied at any point, our struggles for social justice are useless. When that right is violated in the case of the unborn, it will soon be taken from the terminally ill, the aged, the senile, the retarded, and the disabled.

The courts have now relinquished their legal protection of the right to life of the unborn. Therefore, we reaffirm our pledge to propagate in our educational and health care institutions a concern for life and its dignity. We call upon others to join us in this pledge."

The St. Cloud Hospital is sponsored by the Order of St. Benedict.



Lisa Seifert, St. Joseph, is this year's Easter Seal Child, pictured above with Minnesota Easter Seal Chairman, Lou Nanne of the Minnesota North Stars. Lisa and Lou will lead a team of over 30,000 volunteers raising money for rehabilitation services to handicapped children and adults. Easter Seals assist patients at SCH directly in providing Speech & Hearing services by Gerald Carlson.

EVP Named to AHA Committee

Executive Vice President Gene S. Bakke has accepted appointment to the Committee on Hospital Chaplaincy of the American Hospital Association. The eight-member group met in Chicago April 5-6.

The Committee consists of administrators, chaplains, consultants and staff and are representative of the major faith entities. Projects concern the use of chaplain programs, chapels, training hospital chaplains, and publishing materials on these subjects.

Beacon Light

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EDITORIAL STAFF

Al Blommer	Mary Kamphake
Pernina Burke	Tom Moeglein
Agnes Claude	Agnes Moeglein
Sister Colleen	Sr. M. Schneider
Barbara Erickson	Donna Strack
Marie Hoppert	Sam Wenstrom

COMMENT

by

Gene S. Bakke

Executive Vice President



MR. BAKKE

In 1921, leaders in the health care field established a National Hospital Day to encourage public appreciation of the people working in hospitals. The day chosen was May 12, the birthday of hospital pioneer, Florence Nightingale. By 1953, the day was expanded to National Hospital Week, recognizing the tremendous growth in hospital services in this country.

The theme of National Hospital Week 1973, sponsored nationally by the American Hospital Association and celebrated by the nation's more than 7,000 hospitals, is "Your Hospital . . . A Caring Community — Your Health . . . Our Common Concern."

With mounting public concern about the effectiveness of our health care system and the rising costs of health care, our hospitals are being subjected to some sharp criticism and demands for change.

While in sympathy with the demands of the American public for improvements in the delivery and quality of health care, and for containment of health care costs, we suggest that National Hospital Week is an appropriate

time to express our appreciation to the more than 3 million people working in our nation's hospitals, 1,275 of them in our St. Cloud Hospital.

Not so long ago, our first hospitals were simple shelters where people went to die. Today, they are complex healing, educational and research institutions, where lives are saved, the causes and cures of disease sought, and future health professionals educated and trained.

Hospital employees represent an incredible diversity of skills and talents, working in some 200 different types of jobs, ranging from housekeepers to top level administrators, from plant engineers to registered nurses. However, they have one goal in common: a working life dedicated to caring for the ill and injured. Modern technology and rapid scientific advances have made possible saving of lives and prevention or curing of disease. But the human hands and hearts are still essential to the healing arts.

During National Hospital Week 1973, May 6-12, we will salute the hands and hearts in our hospital.

Your Health Our Common Concern



Your Hospital: A Caring Community
National Hospital Week
May 6-12

Game and Book Drive on for RT

While you are spring housecleaning, the Recreational Therapy department asks that you keep in mind the "Game & Book Drive" now underway. The RT department would welcome any table game or puzzle, complete and in good condition, which the family may have enjoyed but has now outgrown.

The books will be used in the patient's library, which is seeking to augment its collection with both hard cover and paperback books. In addition to maintaining a browsing area, a book cart with reading materials is taken to the patients' rooms regularly.

The books, games and puzzles may be left in the Rehab office, first floor of the Northwest Wing, or in the Rehab Recreation room next to the employee cafeteria.

For more information call extension 235 or 318.

From Antique Dishes to...Insulators?

There is probably a touch of nostalgia in almost all of us, a longing for or curiosity about times past. Barb Erickson, and her husband Bob, have captured a bit of that past through their hobby of collecting antiques and insulators.

Insulators? These are pieces of glass which are placed on the tops of telephone poles. "I don't really understand what insulators were used for, but some are really very beautiful," explained Mrs. Erickson, who is the Secretary/Receptionist in the Employment Office of St. Cloud Hospital. "They come in almost every color and a variety of unique shapes."

The Ericksons first became involved in insulator collecting when Bob, who works for Northwestern Bell Telephone Company, brought home a few specimens. Since then, their collection has grown to include hundreds of different types and colors of insulators, some of which they keep in a lighted display case in their home. "At first a lot of our friends and relatives, especially Bob's brother, thought it was really a strange hobby, but the more insulators you see, the better they get," explained Barbara. "To prove my point, take one guess as to who is now collecting all kinds of antiques, including insulators—you guessed it—Bob's brother!"

But as she went on to explain, insulator collecting is not really so rare

or unusual. Every year insulator shows are held throughout the country in many different states. And why not? Insulators can be fascinating. Besides that, as any true insulator collector can tell you, they are sometimes very valuable. "Last year at one show we saw an insulator worth \$500 dollars. Needless to say, we'll never have one of those," said Mrs. Erickson.

From insulator collecting, the Ericksons branched out into other areas of collectables and antiques. They began subscribing to and reading various antique magazines and publications. Bob also began collecting and refinishing antique furniture. "Our house is done in early American, with a little bit of all historical periods thrown in," Barbara said. "The only modern furniture we allow is the stove and the refrigerator."

In an antique curved glass china cabinet, Mrs. Erickson displays her treasures. Included among these are cut glass dishes, carnival glass, old fashioned jewelry, her favorite depression glass cracker jars, and other pieces of depression glass—a period she is especially interested in. Barbara stated: "When we have company I like to set the table with my old dishes. We sip coffee from depression era cups by candlelight. It is really quite fun and very nostalgic." Not only are Barb and Bob rapidly becoming



Barbara shows a favorite in her collection of hundreds of pieces of antique and very old dishes. On the shelf at Barbara's right are just some of the cookie jars she has gathered. The Ericksons collect and restore furniture, too.

ing antique "experts," but so is their 10-year-old daughter, Amy. "She can already identify several different depression glass patterns!" said Barbara.

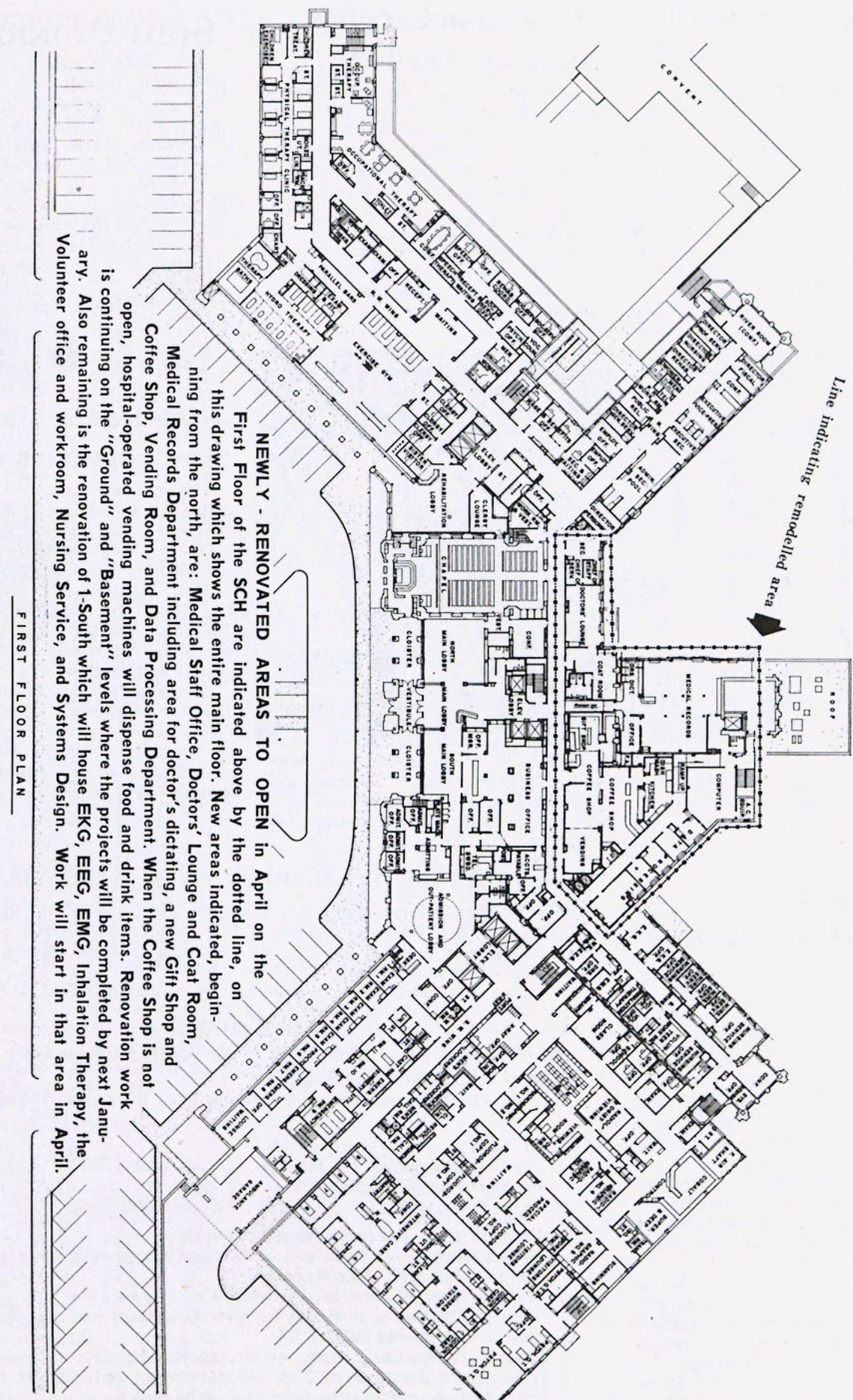
Where did the Ericksons acquire all of their treasures? That, said Barbara is a trade secret. Most of her sources she will not divulge, except to say that they go to flea markets, antique shops and garage sales. "We have also met a number of other people who like to collect," she added. "Generally they are a very friendly, talkative group of people. We show them our collection and they show us theirs; sometimes we trade pieces."

"Good buys on antiques are becoming rarer and rarer these days. Finding a good source is like finding a gold mine and who is going to reveal their gold mine before they have had a chance to file a claim? Antique collectors, by the way, are also a very shrewd group!"

"We really love our hobby," said Barbara. "It's interesting, challenging, and a lot of fun. You can learn much history through these relics of the past. Some people may think we're 'dingey,' I suppose that we are a little, but who cares? As long as we're having a good time with it, that's all that really matters!"



Barbara's husband, Bob, and daughter, Amy, are pictured with a part of the Erickson's insulator collection. Some of the insulators come apart, such as the one Amy is holding. They vary in color from black to white and everything in between. The Erickson's furniture is early American. Note the very old kerosene lamp on the table.



Babies Born to Staff

The following SCH staff members have had babies in recent weeks:

Glen Weihrach (Penelope Swanberg), Robert Mohs (Sandra Kostreba), Harold Fritz (Marilyn Kuffel), Patrick Lahr (Shirley Dillon), Wayne Esselman (Janet Schreifels), Greg Campbell (Donna Pierce), Daniel Baumgartner (Judith Klemp), Thomas Welsh (Mary Block), Marvin Wilson (Julianne Dickinson), William Heltemes (Jean Thomas), Alvin Decker (Beth Ann Feldhege), Thomas Fischcer (Maureen Bladzick), and John Falconer (Gail Williams).



Pastor Lee Smits and the young people of the Christian Reformed Church, Sauk Rapids, have distributed 700 copies of "The Living New Testament" to patients and visitors in the St. Cloud Hospital during the past six months. Looking at the paper-bound, illustrated publication are, left to right, Nancy Boekhoff, Karen Statema, Lynn Boekhoff, Pastor Smits, Debbie Vander Velde, and Tim Strating.

Eleven Win

Suggestion Awards

Cash awards and merit certificates have been awarded to 11 SCH employees for their ideas submitted through the Suggestion System.

Getting two awards each were Franklin Pallansch, Housekeeping, and Sr. Boniface Salm, Dietary. Franklin got \$15 for his suggestion on storage of wheelchairs and a Merit Award for an idea on paper towel holders in Occupational Therapy. Sr. Boniface won two Merit Awards for suggestions regarding evening prayers on the paging system, and the visiting hours announcement at night.

Other winners were Cyndi Bolsta, Candy Striper; Kathy Dahl, 5 South; Ruth Gilmer, 4 North; Jodie Kaiser, 6 South; John Lindow, Pharmacy; Billie Rengel, Wage & Benefits; Sr. Joan Schafer, Bakery; Sr. Mary Schneider, Medical Records; and Betty Strobel, Nursery.

Freshman Capping Sunday, April 29

Members of the Freshman Class at the St. Cloud School of Nursing will receive cap, cape and candle, during the traditional ceremony marking the third quarter for first year students. Family and friends are invited to the program, at 2:30 p.m. at St. Paul's Church, St. Cloud.

Father Alfred Stangl will conduct the Mass and Homily, and Rev. Richard Tetzloff will announce names of recipients.

Staff Promotions

Five staff members have received promotions recently.

Ginny Chavez, Aide in Housekeeping, is now a Supervisor Trainee.

Deborah Watts, Surgical Tech II, was promoted to Surgical Tech I.

Richard Rahm, Supply Clerk in Central Service, was transferred and promoted to Respiratory Therapy.

Marlene Determan, Transcriber Trainee on 6 South, is now a Transcriber.

Susanne Janey, Transcriber Trainee on 6 South, was promoted to Transcriber.

Congratulations!

Nine Reach Major Anniversaries

Employment anniversaries were noted in March for nine SCH employees.

Agnes Grant, Nurse Aide, 6 North, passed her 15-year mark.

Reaching 10 years were Joan Patton, RN, 6 South; George Pallansch, Porter in Dietary; Edna Nathe, Information Desk; and Lois Koopmeiners, Administrative Pool.

Five year marks were noted by Dorothy Sprengeler, RN, Nursing Service; Michael Sullivan, Inhalation Orderly; Sally Grabuski, RN, Continuing Education; and Charlotte Ellingson, Medical Records.

From the St. Cloud Hospital Kitchens

This month's featured recipe is for another delicious dessert—Date Bars. You'll find them almost as popular as "Brownies" and especially good as a snack food with coffee or milk. To save the recipe, just clip along the dotted line and place in 3 x 5 card file.

DATE BARS

Date Filling: 3 cups cut-up dates; ¼ cup sugar; 1½ cups water.

1. Mix all ingredients in saucepan.
2. Cook over low heat stirring constantly until thickened. Takes 10 min.
3. Cool.

Crust Layer:

¾ cups soft shortening (½ butter)	½ tsp. soda
1 cup brown sugar, packed	1 tsp. salt
1¾ cups flour, sifted	1½ cups rolled oat

1. Mix shortening and brown sugar thoroughly.
2. Sift together, flour, soda and salt and stir into shortening mixture.
3. Stir in rolled oats. Mix thoroughly.
4. Place ½ crust mixture into greased 9"x13" pan. Press and flatten with hands to cover bottom of pan.
5. Spread with cooled filling.
6. Cover with remaining crust mixture patting lightly.
7. Bake in 400 degree oven 25 to 30 minutes or until lightly browned. Cut into bars and remove from pan while still warm.

Mrs. Spoden to Head Coffee, Gift Shop

Mrs. Bernadette Spoden, Rural Route 7, has been appointed manager of the new SCH Coffee-Gift Shop which will open in May, according to Sr. Colleen, Director of the General Services Division.



Mrs. Spoden has headed food service at the St. Cloud Cathedral High School for the past 15 years, being in charge of the cafeteria, snack bar, school supply store and special events such as teas and dinners. She holds a certificate to teach food service supervision at the Area Vocational-Technical School and has attended a number of semi-

nars on the subject.

"I think it's a real challenge to take over a new project like this," Mrs. Spoden said, "especially when it's just being initiated.

"I foresee doing a substantial business in the coffee shop, perhaps more than projected so far.

"I just hope we can make it a place which people will like coming to, visiting and enjoying their food. It is a most pleasant place with excellent decor and equipment.

"I also look forward to working in the shop with the many Volunteers who will be the most important part of the management team there," Mrs. Spoden concluded.

The Coffee Shop-Gift Shop, just off the main lobby on the first floor, will open sometime in May.



SCHOLARSHIP WINNERS — These five juniors in the School of Nursing were each awarded \$20 cash scholarships by Dr. Philip Halenbeck, selected on the basis of professional potential and financial need. Left to right are Cheryl Hammond, Tim Poorker, Martha Sorensen, Alvin Schmitt and Barbara Kunz. The "Grace Weiss Halenbeck" scholarships were named for Dr. Halenbeck's late wife, and are awarded annually to five junior nursing students.

Expectant Parents Class This Month

Expectant parents are invited to the Spring Series of classes, conducted by SCH personnel, beginning Monday, April 16, and continuing through Monday, May 14.

Registration fee is \$3 per couple.

Each weekly program begins at 7 p.m. in Hoppe Auditorium, and the series will cover nutrition, labor and delivery, care of the baby, breathing exercises helpful during delivery, and other subjects.

Alumnae Plan Senior Tea for May 15

The Sr. Elizabeth Memorial Award, given each year to a senior student nurse, will be presented during the Senior Tea sponsored by the St. Cloud School of Nursing Alumnae, May 15.

The Sr. Elizabeth Award goes each year to the outstanding senior, selected on the basis of scholastic achievement, professional aptitude, interest, personality, attitude and qualities of leadership.

P.A.C. Rap

By Mary Kamphake

Why make suggestions? What takes so long? What happens to my suggestions? Have you heard these questions? Perhaps these answers will be helpful.

Suggestions show initiative and initiative brings rewards. Ideas that are accepted and directly affect patient care are awarded \$25.00; those indirectly affecting patient care receive \$15.00. Others that can bring an actual monetary saving to the hospital itself are awarded accordingly—15% of the first year's savings, minus any costs of implementation.

Some suggestions are just as valuable but don't fall into any of these categories. These are given Merit Awards which entitle the employee to a free meal in the cafeteria. Merit Awards may not be equal in monetary value but are considered of equal value when registered in the employee's personnel file.

The Suggestion Box is located outside the Personnel Office and is emptied weekly. Contents are compared with suggestions already on file for duplication. If none, the suggestion is given to the appropriate department head for evaluation. Within ten days this Manager must complete his evaluation and inform the Wage & Benefits department whether or not the idea is feasible or if perhaps a limited trial would be necessary.

When an idea is adopted, it is held until enough suggestions are adopted to warrant a meeting of the Suggestion Committee. This group is composed of eight employees representing various departments of the hospital with Dave Pearce, Wage & Benefits Manager, as chairman. Meetings are held to determine what type of award should be given each suggestion adopted. A date is set shortly thereafter to present the individual awards at an afternoon coffee.

If the suggestion is not adopted, the employee is notified and the suggestion is placed in the active file kept in Wage & Benefits. To keep the suggestion active, the employee may re-submit the same idea in one year.

Detail is very important in writing the suggestion to prevent misinterpretation. If employees have any question about the evaluation of their suggestion, they are encouraged to contact the Wage & Benefits Department for details.

The important thing to remember is that records of all awards for adopted suggestions are kept with the employee's personnel file showing initiative and job interest. More suggestions mean more awards and rewards.

New Volunteers

The St. Cloud Hospital Volunteer Department in recent weeks has welcomed the following as new members.

Mrs. Clementine Ernst, Mrs. P. S. Serrano, Mrs. G. E. Erickson, Mrs. James Zirbes, Paul Cofell, Nancy Brum, Bruce Wakefield, Steve Koop, Cyle Gruver, Anita Beuning, Betty Kollman.

Mrs. Marcella Tholl, Mrs. Sylvia Plashko, Mrs. Mary J. Schulte, Mrs. Maude Lunemann, Mrs. Janet Koster, Mrs. Shirley Laudenbach, Mrs. Cynthia Remely, Mrs. Ellen Nipe, Mrs. Glenn Carlson, Miss Laurine Seales, Mrs. Olive Schulte.



CU Interest Rates To Rise This Month

The SCH Employees Credit Union will issue Savings Certificates paying 4% interest, according to an announcement made at the annual meeting of the CU in March.

Members will be notified of the denominations available and the exact interest rate in quarterly statements received this month.

During the annual business meeting, Mary Kamphake was elected to the Board of Directors, John Lindow to the Credit Committee, and Dave Pflipsen to the Supervisory Committee. All will serve three-year terms. Board members now include Claude Przybilla, Harry Knevel, Harold Afeldt, Daniel Boom, Maynard Lommel, Pernina Burke and Mary Kamphake. On the Credit Committee are John Lindow, Mike Nierenhausen, Esther Merkling, Earl Pederson and Al Harlander.

Serving on the Supervisory Committee are Dave Pflipsen, Jim Lange and Ron Spanier.

COMING PROGRAMS

EVENT	DATE	DETAILS
Pre-Surgical Party	April 4 & 18 7:00 p.m.	Free program sponsored by Pediatric Dept. Open to parents and children who have been scheduled for surgery. One Hour. Includes tour of Pediatric Unit and introduction to personnel and policies. Guests report at Information Desk. Children invited. Refreshments. Busch Room.
Health Explorers Meeting	April 5 7:00 p.m.	Monthly meeting of Health Explorer. Scouts. Auditorium.
Movie for Patients and Visitors	April 6, 20 and May 4. 6:30 p.m.	"Golden Age of Comedy" to be shown April 6; "Heavens Above" on May 4. Sponsored by Recreation Therapy Dept. of the Rehabilitation Center and will be shown for patients and visitors. Hoppe Auditorium. No admission fee.
Calix Society Meeting	April 8 8:00 a.m.	For Calix Society members. Mass at 8:00 a.m. in the Hospital Chapel followed by breakfast meeting in the Busch Room.
Auxiliary Meeting	April 9 7:30 p.m.	For members and prospective members of the St. Cloud Hospital Women's Auxiliary. Hoppe Auditorium.
Pro-Life Meeting	April 12 7:30 p.m.	Open to all hospital personnel. Informative, timely topics; speakers to be announced. Hoppe Auditorium.
Expectant Parents Class	April 16, 23, 30 7:00 p.m.	All expectant parents invited. Five sessions meeting weekly. No pre-registration required. Three dollar fee per couple. Hoppe Auditorium.
Ostomy Club Meeting	April 17 7:30 p.m.	Sponsored by St. Cloud Hospital for members of Ostomy Club and family. Busch Room.
"Our Hospital in Today's World"	May 2 4:45 p.m.	Program designed to examine current questions on our role, sponsorship and future commitment. Sponsored by St. Cloud Hospital for members of the Medical Staff, Management Staff and Board of Trustees

Beacon Light

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